

CLAIMS

1. A method of preventing or treating a common cold in a mammal, or of treating or ameliorating the symptoms of a common cold in a mammal,
5 which comprises administering to said mammal an effective amount of one or more substances selected from conjugated fatty acids and derivatives thereof.
2. Method as claimed in Claim 1, wherein said mammal is a human.
- 10 3. Method as claimed in Claim 1, wherein said mammal is administered a composition comprising a conjugated fatty acid or a derivative thereof and wherein said composition is a pharmaceutical composition, a foodstuff or a food supplement.
- 15 4. Method as claimed in Claim 1, wherein the conjugated fatty acid or derivative thereof is conjugated linoleic acid or a derivative thereof.
5. Method as claimed in Claim 1, for reducing the recovery time after a
20 common cold.
6. Method as claimed in Claim 1, wherein the common cold is caused by a coronavirus or a rhinovirus.
- 25 7. Method as claimed in Claim 1, wherein the amount of conjugated fatty acid or derivative thereof is from about 0.1g to about 20g of conjugated fatty acid or derivative thereof per day.
8. Method as claimed in Claim 4, wherein the conjugated linoleic acid
30 or derivative thereof comprises trans10, cis12 and cis9, trans11 isomers and

the weight ratio of trans¹⁰, cis¹² isomer to cis⁹, trans¹¹ isomer is at least 1.2:1.

9. Method as claimed in Claim 1, wherein said mammal is administered
5 a composition comprising a conjugated fatty acid or a derivative thereof and
wherein said composition is a foodstuff selected from the group consisting
of margarines, fat continuous or water continuous or bicontinuous spreads,
fat reduced spreads, confectionery products such as chocolate or chocolate
coatings or chocolate fillings or bakery fillings, ice creams, ice cream
10 coatings, ice cream inclusions, dressings, mayonnaises, cheeses, cream
alternatives, dry soups, drinks, cereal bars, sauces, snack bars, dairy
products, clinical nutrition products and infant formulations.

10. Method as claimed in Claim 1, wherein said mammal is administered
15 a composition comprising a conjugated fatty acid or a derivative thereof and
wherein said composition is a pharmaceutical composition in the form of a
tablet, capsule, solution or emulsion.

11. Method as claimed in Claim 1, wherein said mammal is administered
20 a composition comprising a conjugated fatty acid or a derivative thereof and
wherein said composition is a food supplement in the form of a soft gel or a
hard capsule comprising an encapsulating material selected from the group
consisting of gelatin, starch, modified starch, starch derivatives such as
glucose, sucrose, lactose and fructose.

25
12. The use of a conjugated fatty acid or a derivative thereof in the
manufacture of a composition for the prevention or treatment of the
common cold, or the treatment or amelioration of symptoms of the common
cold in a mammal.

13. Use as claimed in Claim 12, wherein the mammal is a human.

14. Use as claimed in Claim 12 or Claim 13, wherein the composition is a pharmaceutical composition, a foodstuff or a food supplement.

5

15. Use as claimed in any one of Claims 12 to 14, wherein the composition is for reducing the recovery time after a common cold.

16. Use as claimed in any one of Claims 12 to 15, wherein the common
10 cold is caused by a coronavirus or a rhinovirus.

17. Use as claimed in any one of Claims 12 to 16, wherein the composition comprises an amount of conjugated fatty acid or derivative thereof such that the mammal receives a dose of 0.1 to 20g of conjugated
15 linoleic acid or derivative thereof per day.

18. Use as claimed in any one of Claims 12 to 17, wherein the conjugated fatty acid or derivative thereof is conjugated linoleic acid or a derivative thereof.

20

19. Use as claimed in Claim 18, wherein the conjugated linoleic acid or derivative thereof comprises trans10, cis12 and cis9, trans11 isomers and the weight ratio of trans10, cis12 isomer to cis9, trans11 isomer is at least 1.2:1.

25

20. Use as claimed in Claim 18 or Claim 19, wherein the conjugated linoleic acid or derivative thereof comprises at least 50% by weight of the trans10, cis12 isomer of conjugated linoleic acid.

21. Use as claimed in any one of Claims 12 to 20, wherein the composition is a foodstuff selected from the group consisting of margarines, fat continuous or water continuous or bicontinuous spreads, fat reduced spreads, confectionery products such as chocolate or chocolate coatings or chocolate fillings or bakery fillings, ice creams, ice cream coatings, ice cream inclusions, dressings, mayonnaises, cheeses, cream alternatives, dry soups, drinks, cereal bars, sauces, snack bars, dairy products, clinical nutrition products and infant formulations.
22. Use as claimed in any one of Claims 12 to 20, wherein the composition is a pharmaceutical composition in the form of a tablet, capsule, solution or emulsion.
23. Use as claimed in any one of Claims 12 to 20, wherein the composition is a food supplement in the form of a soft gel or a hard capsule comprising an encapsulating material selected from the group consisting of gelatin, starch, modified starch, starch derivatives such as glucose, sucrose, lactose and fructose.